MIRANDA KERR GETS SUPPORT FOR $2.5M
STYLE {page 11}

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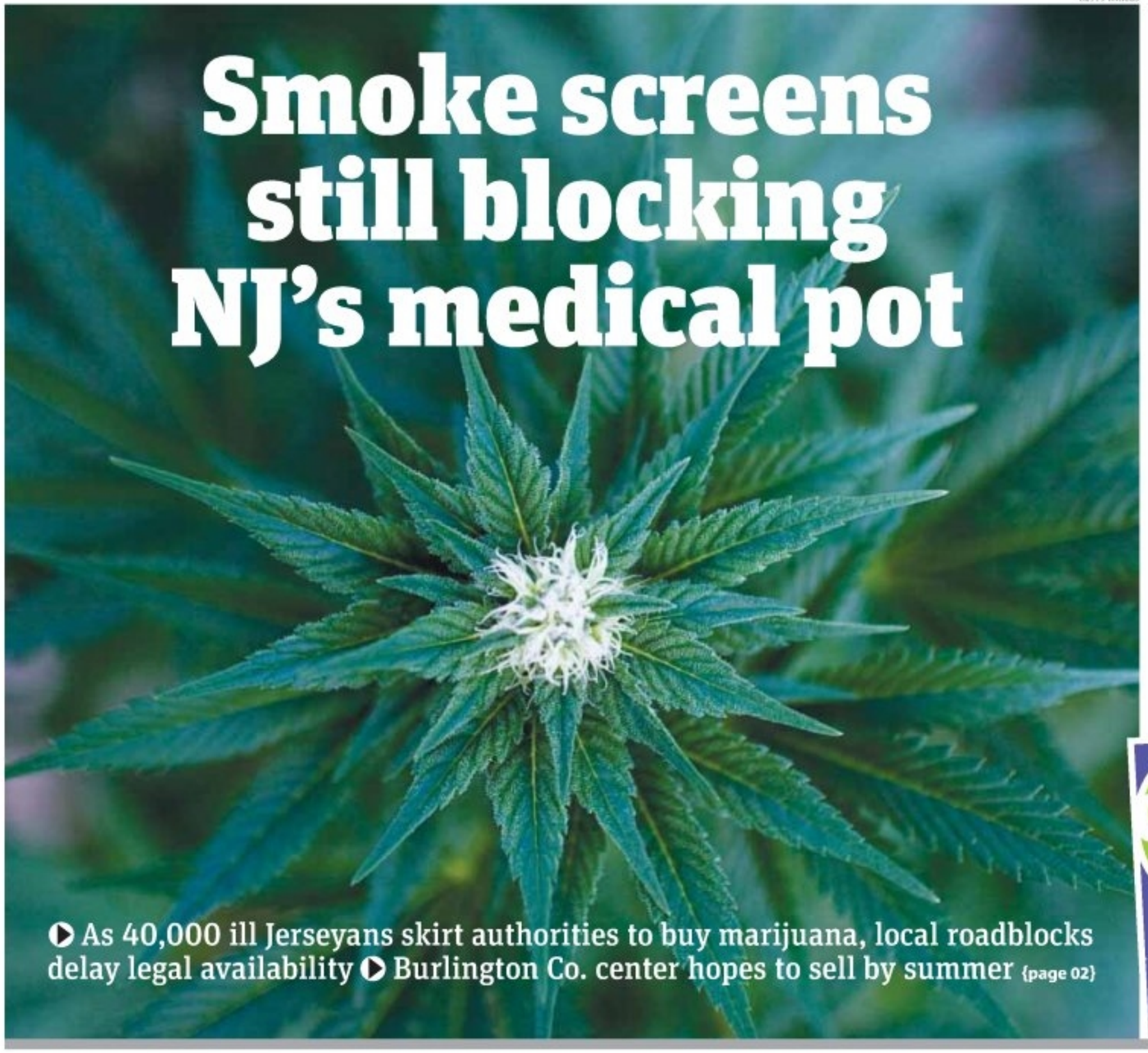

Smoke screens still blocking NJ's medical pot

As 40,000 ill Jerseyans skirt authorities to buy marijuana, local roadblocks delay legal availability Burlington Co. center hopes to sell by summer {page 02}

News

Frank bags bid for a 17th term

First openly gay US rep. won't run for re-election
Doesn't think he can win after redistricting {page 06}

Miley's reps vs. the pot rumors

Cyrus loves weed, and we love that she does, but her PR peeps don't like that {page 07}

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Medical pot centers slow to grow in NJ

After state obstacles in first year of new law, opposition at local level has taken over ◗ State-approved centers like Westampton nonprofit hitting new snags in recent weeks

Since medical marijuana in New Jersey went into law in January 2010, a series of setbacks has meant that thousands of eager and ill residents likely won't be lighting up any time soon.

"I get four or five calls a day from patients — people with ovarian cancer, MS — asking me when we're going to open because they're buying the product now illegally," said Bill Thomas of the Compassionate Care Foundation, one of the six nonprofits awarded a contract in March to act as a cultivation and treatment center. "I've received 300 phone calls from people with disabilities and we estimate there are 40,000 people right now buying marijuana illegally in New Jersey to treat disabilities."

None of the treatment centers have opened their doors, with local towns' opposition taking over for what was once statehouse roadblocks, observers say. Still, some center directors believe they could begin offering pot by the summer.

"The timetable for each alternative treatment center has many variables," said Donna Leusner of the Department of Health and Senior Services. "Chief among them is the municipal approval processes that the ATCs are confronting."

Only two dispensaries have signed physical leases — including the Compassionate Care Foundation in Westampton, though its future got murky last week. "We were just notified on Wednesday that we have to go before zoning, but we're in discussions with the town because they originally told us we were approved for the use," said Thomas. He said they now may have to find a different location.

"I would think that everybody, including the government and Department of Health is frustrated together," said Thomas.

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WHERE THEY WANT TO RUN TREATMENT CENTERS

MIKE PIFER/METRO

▶ Towns are the new roadblocks for prospective pot centers.

"They sent us a package [last week] where we have to update our information ... We have no problem, but it's a process we have to go through. Because of this, we're not going to be open until the summer."
THOMAS, WHO HEADS NONPROFIT ALREADY GIVEN STATE APPROVAL

Many rules, little action

When it comes to assigning blame for New Jersey's sluggish pot process, some think the alternative treatment centers are just as culpable.

"The other alternative treatment centers, from what I understand, have no location and aren't ready to be up and running," said Joe Stevens of Greenleaf Compassion Center in North Jersey, one of two centers ready.

But state lawmakers haven't helped. Regulations altering Corzine's original act, making it the strictest in the country, were reproposed in November 2010, but weren't adopted until last week and will go into effect Dec. 19.

Under the new rules:

- Marijuana use is limited to patients with debilitating conditions including multiple sclerosis, glaucoma and terminal cancer
- The rules also enforce a 10 percent THC limit.
- Only three strains of marijuana are allowed.
- Patients are only limited to two to three ounces per month.

ALEX WIGGLESWORTH
awigglesworth@metro.us

Timeline

New Jersey in January 2010 became the 14th state in the nation to legalize the use of marijuana for certain chronic medical conditions and is now among 16 states in the U.S. and the District of Columbia that have programs.

Jan. 18, 2010 New Jersey Gov. John Corzine signs into law the New Jersey Compassionate Use of Medical Marijuana Act on the last day of his administration.

Nov. 16, 2010 New Jersey Department of Health and Senior Services repropose stricter rules for the act.

March 2011 Gov. Chris Christie announces the selection of six nonprofits who will be allowed to operate treatment centers.

June 15, 2011 Christie announces the suspension

RIKARD LARMA/METRO

of the medical marijuana process, saying that he has been waiting since April for assurance from the federal government that providers will not be prosecuted.

July 19, 2011 Christie announces reversal of suspension, saying he has instructed officials to move program forward "as expeditiously as possible."

October 2011 Compassionate Care Foundation Inc. signs lease in Westampton, Burlington County, but receives a letter on Nov. 23 that they will have to go before local zoning board before winning approval.

Nov. 21, 2011 N.J. Health and Senior Services Department posts on its website forms that alternative treatment centers need to fill out to do business.

Nov. 23, 2011 Notice of final adoption of November 2010's reproposed rules sent to the state Office of Administrative Law, to take effect Dec. 19, 2011.

In the news

Buying guns in homeroom

Two 10th-graders were arrested yesterday at Upper Darby High School after one sold the other a gun during homeroom. One 15-year-old teen allegedly sold another a .38 revolver in return for $100 and a stun gun, police said. METRO/AW

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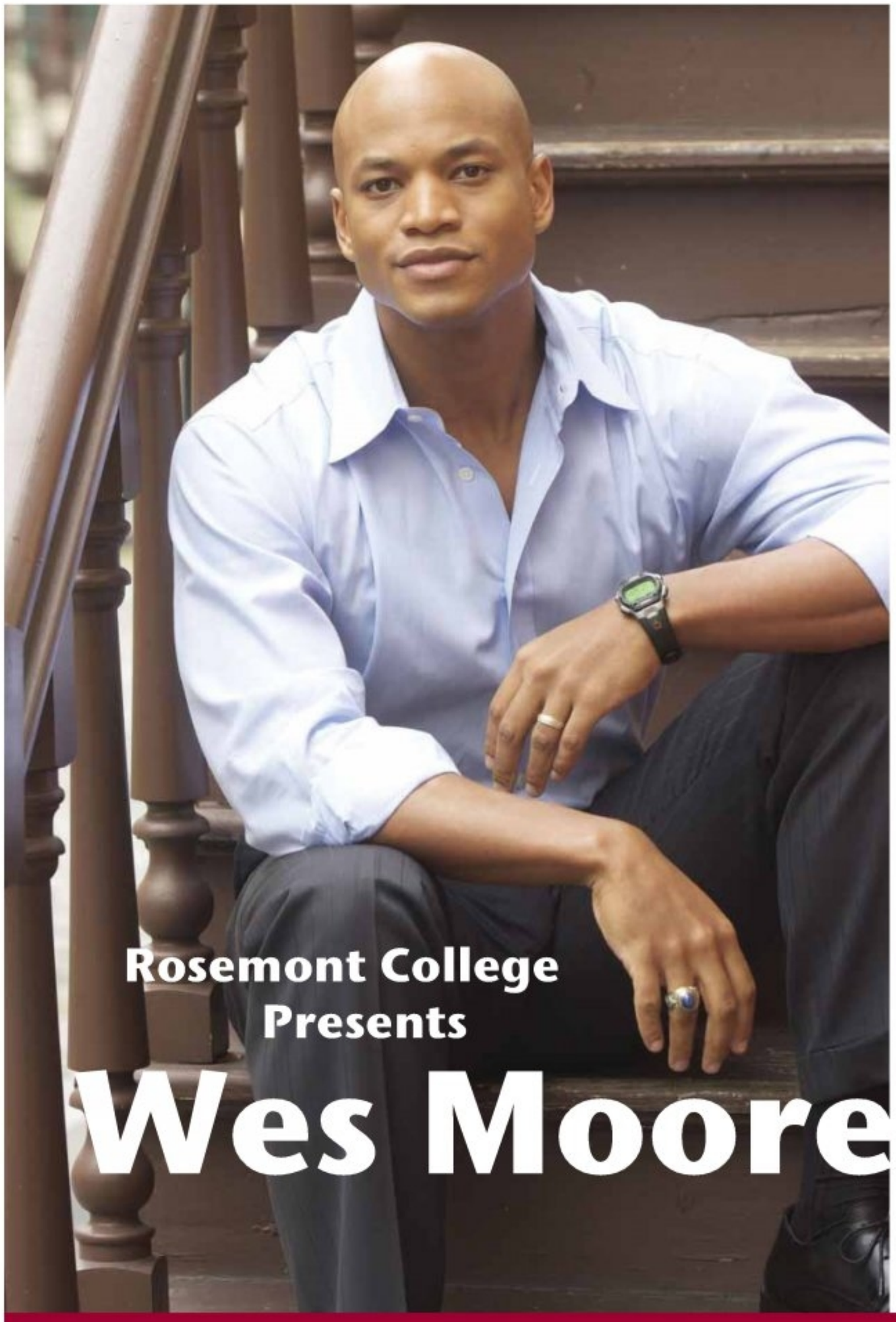

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Last remaining Occupiers ask, 'where's eviction?'

RIKARD LARMA/METRO

▶ Cleanup workers wore contamination

Several Occupy Philly protesters still hanging on at Dilworth Plaza expressed frustration last night that police had not yet taken action against them, causing the movement to stagnate in limbo amid piles of discarded clothes and sagging tents.

"If they're going to evict us, stop wasting people's time and do it already," said John Philips, a vocal member of the movement since its inception. "I don't want to see any of my comrades hurt, but if you want us out, evict us. Don't expect us to dwindle away."

"We have to figure out step two — there's been a lot of ideas shooting out here."

The stress of constant vigilance combined with the uncertainty of the future was also taking its toll yesterday.

"It's like a waiting game. I believe Mayor Nutter wants us to get tired and leave, but it's not happening," Phillips said. "I believe he was hoping and praying that after some of the groups splintered off, we'd die a slow, painful death, but that didn't happen. ... You can throw out our tents and tear down our signs, but you can't evict an idea. We'll come back stronger."

ALEX WIGGLESWORTH
awigglesworth@metro.us

Cop wrote on Occupy Facebook

Screenshots of threatening Facebook posts on Occupy Philly's wall from a profile belonging to a Philadelphia police officer surfaced last week.

The posts included allusions to prison rape for those arrested at the Comcast Center and implied threats surrounding the Dilworth Plaza eviction deadline, including a picture of UC Davis students being pepper sprayed with the message, "5 o'clock is coming."

A police spokeswoman confirmed today that the profile's owner, Mike Sidebotham, has been a member of the force since 2008. Though he deleted his Facebook page Friday, the incident is currently under investigation. METRO/AW

Crash man gets naked

PENNSYLVANIA. After losing control of his car and crashing on Interstate 78 in the Lehigh Valley yesterday morning, a driver allegedly took off his clothes and stood naked on a record player on top of the highway's median, police said.

Erik Jenkinson, 28, is charged with DUI, resisting arrest and lewdness.

He was allegedly driving eastbound in the left lane when he swerved into the center median, hitting the concrete barrier several times.

Jenkinson allegedly drifted back into the left lane after hitting two vehicles. An accident report said he then "took off all his clothing, stood naked on the center concrete median on top of a record player, then ran eastbound ... fleeing." METRO/AW

10

Motorists killed in crashes during the Thanksgiving holiday weekend, according to Pennsylvania State Police. Five of those killed were not wearing seat belts and four of the deaths were alcohol related, authorities said. In addition, 326 other people were injured, down from 343 injuries and 17 fatalities last year. METRO

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SEPTA looks to divide Broad Street's bus line

Well-known C route, which transports some 15,000 riders a day, would be split into two

SEPTA will hold a public hearing today at its Market Street headquarters to discuss proposed changes to the Route C bus, one of Philadelphia's busiest and longest rides.

Under the proposal, the route would be divided into Route 4 that would go from 11th and Nedro to AT&T Station at Broad and Pattison, and Route 16 that would go from the Cheltenham and Ogontz loop to City Hall. SEPTA said the proposed changes are in response to complaints from riders who say the current system is too confusing.

"Essentially, it's to try to streamline operations a little bit," SEPTA spokesman Andrew Busch said.

Busch added that service levels would remain the same, and that the changes would be implemented in February, if approved by SEPTA's board.

With an average of 15,000 weekday riders, the Route C is the agency's 10th-busiest bus route. The proposed changes would also extend the terminus in South Philadelphia about three blocks from Geary Street to Pattison Avenue.

SOLOMON D. LEACH
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▶ The C route is SEPTA's ninth busiest bus line.

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Rep. Frank won't seek re-election

GETTY IMAGES

▶ Frank

Barney Frank announced his retirement from Congress yesterday, leaving fellow Democrats without their foremost defender of a landmark financial-regulation overhaul that Republicans and Wall Street groups want to repeal.

Elected to the House of Representatives in 1980, Frank was one of the first openly gay politicians to serve at a national level. In an era of carefully crafted political images, he has stood out for his rumpled demeanor and scathing wit.

"Trying to have a conversation with you would be like trying to argue with a dining room table," he told a detractor in 2009.

Frank, 71, said his decision was spurred by the difficulty of running for re-election in a newly redrawn district and his desire to spend more time writing and teaching. He has said to several aides that he did not want to die in Congress. REUTERS

MICHAL CZERWONKA/GETTY IMAGES

Occupy. Staying power

▶ A member of Occupy L.A. camps out in a tree after the deadline to shut down the encampment.

LA protest sticks around

Police in riot gear closed in before dawn yesterday on anti-Wall Street activists who defied a midnight deadline to vacate their encampment outside Los Angeles City Hall — but the police later pulled back. A crowd of activists numbering approximately 2,000 overnight remain at City Hall for the time being.

Cain: New accuser on the way

▶ Cain

WASHINGTON. GOP candidate Herman Cain told CNN last night that a woman from the Atlanta area was about to claim that they had a 13-year extramarital affair. Cain told CNN's Wolf Blitzer the claims were untrue, and that he feared they would harm his family more than his presidential bid. METRO

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MAN AND WOMAN OF THE YEAR
2011

Two women were nominated as Metro's Women of the Year yesterday — and the two reasons may surprise you.

Vanessa O'Brien of Boston nominated Gabby Giffords, the Arizona Congresswoman whose recovery from a January assassination attempt inspired many.

And Kim Kardashian continues to inspire nominations almost as quickly as she inspires irritation. "I would like to nominate every woman in America who is NOT Kim Kardashian," writes Phil from Philly.

Send your nominations for Man and Woman of the Year to mwoty@metro.us through Dec. 9.

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

'Bob Miley' or 'Lyin' Miley'?

Miley Cyrus

Hannah Bong-tana, it's time to come clean.

After it surfaced during the weekend via The Daily that **Miley Cyrus** was presented with a **Bob Marley**-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A., and then quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed," she is now retracting it, saying the video was all a "joke."

Her rep tells TMZ that Miley was just joshing about the cake and that the Bob Marley reference was because her friend **Kelly Osbourne** has been calling her "Bob Miley" since a film of her ripping a huge bong hit leaked last year. Cyrus claimed it was salvia, a legal herb, and not marijuana, in the bong.

"You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." CYRUS, 19

Cyrus's rep says she is not a pothead.

Pfft. Right. Because non-stoners are known for their love of all things Bob Marley. My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room just because it matches her sofa.

Theron once had to wear glasses

Charlize Theron wants us to believe she was once ugly.

Speaking of people totally lying, **Charlize Theron**, who is now on the promotional circuit for her new film "Young Adult," is trying to make us believe that she wasn't beautiful nor popular in high school (how many "pffts" can I fit into one column?).

"I wore really nerdy glasses because I was blind as could be and the boys didn't like [me]," she tells People.

Listen, Hollywood movies and actresses: Glasses don't hide the fact that women are 5-foot-10, thin and gorgeous. You can take off the glasses, but you can't take off the ugly.

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DOROTHY ROBINSON'S WORD BLOG

Talking points

Pippa scores a book deal

Royal sister-in-law **Pippa Middleton** has secured a nearly $600,000 advance to write a party planning book, according to the Mail on Sunday. An auction for the socialite's project had reportedly been going on for weeks, with publisher **Michael Joseph**, an imprint of Penguin, coming out on top. "It will be about entertaining and how to throw the perfect party," a source says. "It's not just about being the perfect hostess — it will also include recipes and information about how to host different types of events." The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

▶ Pippa Middleton

Angelina Jolie, funeral director?

Angelina Jolie says the woman all the tabloids write about isn't her. "I don't see those things. I don't know who they are but I assume they're not me. They're not who I am. They're not what I spend my day caring about. I find them quite shallow and often quite wrong," she says tells "60 Minutes." Jolie also reveals that aside from acting, she was interested at one point in becoming a funeral director. "It sounds like this very strange, eccentric, dark thing to do," she says. "That was going to be my path."

Willis joins society

Tallulah Willis, the youngest daughter of **Bruce Willis** and **Demi Moore**, is officially part of high society. The 17-year-old was introduced at Le Bal des Debutantes at the Hotel Crillon in Paris over the weekend, according to Us Weekly. Tallulah was joined by her older sisters, **Rumer** and **Scout**, and her father, while Moore was noticeably absent.

Anne Hathaway is engaged

The new Catwoman **Anne Hathaway** is engaged to boyfriend Adam Shulman, her spokesman said yesterday. The spokesman provided no details beyond confirming the engagement, per Reuters. Hathaway, 29, has been dating Shulman, an actor and jewelry designer, since 2008. Rumors of their engagement swirled throughout the weekend when photos of the two surfaced with Hathaway sporting a giant ring.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Oprah is starting to understand pageant parents, Ricky Gervais doesn't appreciate being corrected, Kelly Osbourne is hitting the store with Ozzy, and Conan O'Brien isn't enjoying his drink.

▶ **@Oprah:** Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.

▶ **@rickygervais:** Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f—ing TWITTER for Christ sake.

▶ **@MissKellyO:** Taking my papa grocery shopping!

▶ **@ConanOBrien:** Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

Oprah

myentertainment

These stars aren't still in a turkey coma

1: Seth Rogen was seen with Rafiki from "The Lion King" at Disney's Animal Kingdom theme park in Lake Buena Vista, Fla., on Saturday.

2: Ronnie Spector performed at the 28th annual Seaport Chorus Tree Lighting Spectacular at the South Street Seaport in New York City on Friday.

3: Penelope Cruz attended the 29th Torino Film Festival opening ceremony in Turin, Italy, on Friday.

4: Kylie Minogue was inducted into the Australian Recording Industry Association's Hall of Fame at the 2011 ARIA Awards in Sydney, Australia, on Sunday.

5: Antonio Banderas and Salma Hayek attended the "Puss in Boots" premiere in Sydney, Australia, on Sunday.

6: New retiree Regis Philbin attended a signing for his book "How I Got This Way" at Barnes & Noble in Glendale, Calif., on Saturday.

7: Tori Spelling, Dean McDermott and their children, Stella and Liam, performed at the "Yo Gabba Gabba Live" show at Nokia Theatre in Los Angeles, Calif., on Saturday.

1: PHELAN EBENHACK/DISNEY PARKS VIA GETTY IMAGES
2: CINDY ORD/GETTY IMAGES
3: CAROLINE MCCREDIE/GETTY IMAGES
4: MARK METCALFE/GETTY IMAGES
5: STEFANIA D'ALESSANDRO/GETTY IMAGES
6: DAVID LIVINGSTON/GETTY IMAGES
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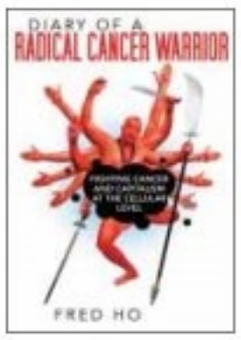
Just don't call him a survivor

He's a man of many hats (and colors) so Fred Ho doesn't want to be defined by his cancer diagnosis
The writer and avant-garde baritone saxophonist on his new book, 'Diary of a Radical Cancer Warrior'

▶ It ain't easy being green, but it's even harder fighting cancer.
ROBERT ADAM MAYER

There's no shortage of labels to be applied to Fred Ho — jazz composer, baritone saxophonist, Asian-American activist, Marxist Matriarchal Luddite, revolutionary, nudist — but don't call him a survivor.



In his new book, "Diary of a Radical Cancer Warrior," Ho traces his battle with colorectal cancer through the diary entries posted to his friends and supporters, starting with his diagnosis in 2006 and running through his most recent (fourth) recurrence in 2010.

"I want readers to realize that cancer is not a disease," Ho says, "but an accelerative malignant process inextricable from the expansion of industrial capitalism. Capitalism is cancer for the planet; cancer is the social and environmental toxicity of capitalism for the individual person."

As always, Ho's art, life and politics are inextricable from one another. The same has long been true of his music, which has by no means been slowed by his illness. His work draws influences from jazz, pop culture, radical politics, Asian culture and comic books. No less than five new CDs have appeared recently, including a big-band suite honoring Muhammad Ali and an opera inspired by martial arts films and manga.

"This spate of CDs is my effort to cement my musical legacy, as I expected to die having been given no chance of living after tumor number four," Ho asserts. "It is my manifestation of the samurai warrior credo: living while preparing for death."

SHAUN BRADY
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TV watch list

'Scott Turow's Innocent'

MOVIE. Bill Pullman steps into the Harrison Ford role in this sequel to "Presumed Innocent," which finds Judge Sabich accused of murdering his wife. The film adaptation of Turow's novel kicks off TNT's "Mystery Movie Night" series. **Premiere, 9 p.m., TNT**

'The Biggest Loser'

REALITY. Ken Paves give the final five contestants makeovers and Jeannie Mai helps them buy clothes for their new svelte selves, to be revealed to loved ones flown in to celebrate their achievements. And then everyone cries. **8 p.m., NBC** AMBER RAY

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mybooks

A novel lesson: Do whatever feels write

Sam writes a novel

SAMANTHA SWEENEY
TWITTER: @SAMWRITESANOVEL

Less than 5,000 words keep me from becoming a true novelist at midnight Wednesday. Without NaNoWriMo, I probably would've never written so much. The added pressure of a deadline was the real pusher, and I suggest that young writers give themselves a time limit and see how much they can write. I'm going to record how much I write every 30 days and try to beat it in the next 30! Here are a few other lessons NaNoWriMo taught me.

▶ To be a writer, one must constantly be writing. This was the most important lesson of a full month of non-

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▶ If you really want your characters to fall in love on the moon, it's your novel to write.

stop work: Keep going.

▶ Looking to others' work — as I did when I was frustrated and hit a creative drought — has its place, but so does simply writing through the tough, tiring moments. Also, typing out thoughts half-asleep can produce some great stuff!

▶ Take criticism; but if you feel good about a bit of your story someone else doesn't, keep it in there. Not everyone understands your style. But also realize that your favorite part with the moonlight kiss on the beaches of Fiji may not work in a story taking place in space. Or maybe it will. If it feels right, keep it as a really expensive, romantic astronaut honeymoon. You could even title the book, "Honey, Moon." Maybe I'll start writing that on Dec. 1.

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MIRANDA KERR

The Victoria's Secret bombshell gets in shape with maca powder, bee pollen and Sunwarrior protein powder We discuss

For the first time in her five years of walking down the runway as one of the Victoria's Secret Angels — watch them strut tonight when the show airs at 10 on CBS — Australian bombshell Miranda Kerr got the honor of wearing the $2.5 million Fantasy Treasure Bra. And that's just months after giving birth to her first baby with husband Orlando Bloom. We ask her the question every woman wants to know.

You lost the baby weight ridiculously fast. Can you give us a breakdown of your daily diet?

Every day is different, but I like to start the day with a fresh green juice with kale, spinach, cucumber, beets and lemon. Then half an hour later, I have a power smoothie which has Sunwarrior protein powder, chia seeds, maca powder, raw cacao, bee pollen, goji berries, noni juice, Vitamineral Green and coconut water. Then an hour after that I'll have oatmeal or eggs. That's my three-course power breakfast. For lunch I might have some grilled fish with goat cheese or baby spinach salad and olives. Sometimes I'll have a sweet potato. At dinner, I'll have a lentil soup and maybe some chicken. And I love to have my salads with avocado, feta and spinach.

It sounds like a lot of careful maintenance. What does your workout regimen look like?

I've been practicing yoga for over 12 years. After I had the baby, I started doing Pilates. That was really helpful. Three weeks leading up to the VS show, I start working out five times a week using a resistance band and leg weights.

Is the Fantasy Treaure Bra heavy?

No, it's not so heavy. But my wings are really heavy.

Besides the $2.5 million bra, what's the biggest difference between walking Victoria's Secret and a high-fashion show such as Balenciaga?

The great thing with Victoria's Secret is they really encourage us girls to interact with the audience and show a bit of personality, so it's a totally different thing for sure. The Victoria's Secret show is quite a theatrical performance. I love to be in the moment and feel the music.

▶ Kerr walks the runway during the 2011 Victoria's Secret Fashion Show, which airs tonight at 10 on CBS.

Backstage talk

"Working out makes your skin glow. It's a natural detox. I also drink a lot of water and coconut water and love Rodin Olio Lusso Face Oil. For makeup, I use black mascara and lip gloss." **ADRIANA LIMA**

"Every day I wash my face with something that contains salicylic acid, and then I continue with an advanced night repair. I put it on in the morning and I mix it with Estee Lauder DayWear Plus — it has SPF 15. It's important to protect your skin in the morning." **JOAN SMALLS**

Where does one go after modeling the $2.5 million bra? What do the next five years look like for you?

I really want to expand my skincare line, Kora Organics, all over the world. I created a line that I personally wanted — it's a certified organic range — but couldn't find. It's been my passion and my idea. I invested the money behind the product. I blog [on the site] once a week.

TINA CHADHA
tina.chadha@metro.us

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—Larry D.

"All my urination problems—urgency, frequency, low flow, dribble—they're totally gone now!"
—Jonathan S.

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Allstate Insurance has started the "Quotes for Autism Speaks" program, which will donate $10 to Autism Speaks, the world's largest autism science and advocacy organization, for every insurance quote collected until Dec. 14. Mark LaNeve, Allstate's EVP of marketing and sales, is the father of autistic twins, making the cause extra close to the company. Allstate is hoping to donate $500,000 to Autism Speaks; visit **AutismSpeaks.org/Allstate** or call 866-998-4488 to get started.

METRO/ME

Would you know if it's whooping cough?

Parents

Parents brings moms and dads smart, fresh advice to help you raise healthy, happy kids. Check us out at Parents.com.

Last year several states saw huge outbreaks of pertussis, the bacterial disease that causes whooping cough. It can be nearly impossible to diagnose, especially in its early stages. Because it is particularly serious for babies, and 70 percent of infants who come down with it are exposed to it from a family member, make sure you — and any adult who cares for your baby — get the Tdap booster. If your child does become sick, Parents advisor Ari Brown, M.D., author of "Baby 411," says to watch for these warning signs that may mean he has whooping cough.

▶ **He has bad coughing fits:** Whooping cough is characterized by short, frequent coughs that are so severe your child may have difficulty catching his breath at the end of a fit. He'll try to get more air by sharply gasping, or he may "whoop." He might also turn very red while coughing, or even vomit.

▶ **He's not getting better:** Call your pediatrician if you're concerned or if his cough lasts longer than a week. If it turns out to be whooping cough, your doctor will prescribe antibiotics to shorten the amount of time he's contagious. To help ease coughing spells, make sure your child gets plenty of rest and fluids, and use a humidifier in his bedroom.

AMANDA FIRST FOR PARENTS MAGAZINE

▶ Your child's doctor can prescribe antibiotics for whooping cough.

WAVEBREAK MEDIA

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY
MOVING TO WORK ANNUAL PLAN FOR MTW YEAR TWELVE/PHA FISCAL YEAR 2013

The Philadelphia Housing Authority is a participant in the Moving To Work Demonstration Program (MTW). PHA is soliciting public comments on its Moving To Work Annual Plan for MTW Year Twelve (MTW Annual Plan), which describes PHA's policy initiatives and proposed activities for the period April 1, 2012 to March 31, 2013.

Copies of the Draft MTW Annual Plan are available for public review or may be picked up at the following locations:

Philadelphia Housing Authority's Housing Choice Voucher Leasing Offices:
2850 Germantown Ave 1st & 2nd Floor
1172-74 S. Broad Street
4346 Frankford Avenue
3100 Pennrose Ferry Road
5207 Walnut Street

Scattered Sites Management Offices:
3417 Spring Garden Street
3226 McMichael Street
400 W. Huntingdon Street
1821 Vineyard Street
3218 Susquehanna Avenue

Public Housing Management Offices:
Bartram - 5404 Gibson Drive
Raymond Rosen - 2301 W. Edgely Street
Wilson Park - 2500 Jackson Street
Blumberg - 2311 W. Jefferson St.

PHA residents, Housing Choice Voucher participants and the general public may attend the public hearing described below and/or submit written comments on the MTW Annual Plan any time during the comment period. Public hearings will be conducted at the following times and location:

Tuesday, December 13, 2011
Wilson Park Community Center
2500 Jackson Street
Philadelphia, PA 19145
1:00 pm to 3:00 pm

Wednesday, December 14, 2011
John F. Street Center
1100 Poplar Street
Philadelphia, PA 19123
10:00 am to 12:00 pm

Only comments pertaining to the draft MTW Annual Plan are being solicited. The comment period begins November 30, 2011 (12 noon) and ends December 30, 2011 (12 noon). All comments must be received by the end of the comment period. Please send your written comments to:

Philadelphia Housing Authority
Office of Strategic Management
Attention: MTW Comment
1800 S. 32nd Street Philadelphia, PA 19145

This Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

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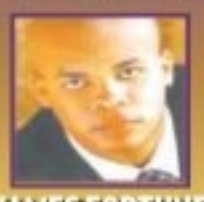
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myhealth guide

Diabetes, obesity more likely from canned soup

Exposure to a plastics additive that's linked to health problems increases 13-fold when canned soup is eaten instead of soup made from fresh ingredients, according to a study by researchers at the Harvard School of Public Health.

Concentrations of bisphenol A, also known as BPA, were 1,221 percent greater in the urine of 75 volunteers who each ate 12 ounces of vegetarian canned soup compared with levels measured after the consumption of fresh soup, according to the study published online today by the Journal of the American Medical Association.

BPA, used to make polycarbonate plastic bottles and epoxy can linings, is an endocrine disrupting chemical that has been linked to cardiovascular disease, diabetes and obesity, Harvard said in an e-mailed statement. Food companies should consider eliminating BPA from can linings, said Karin B. Michels, the study's senior author.

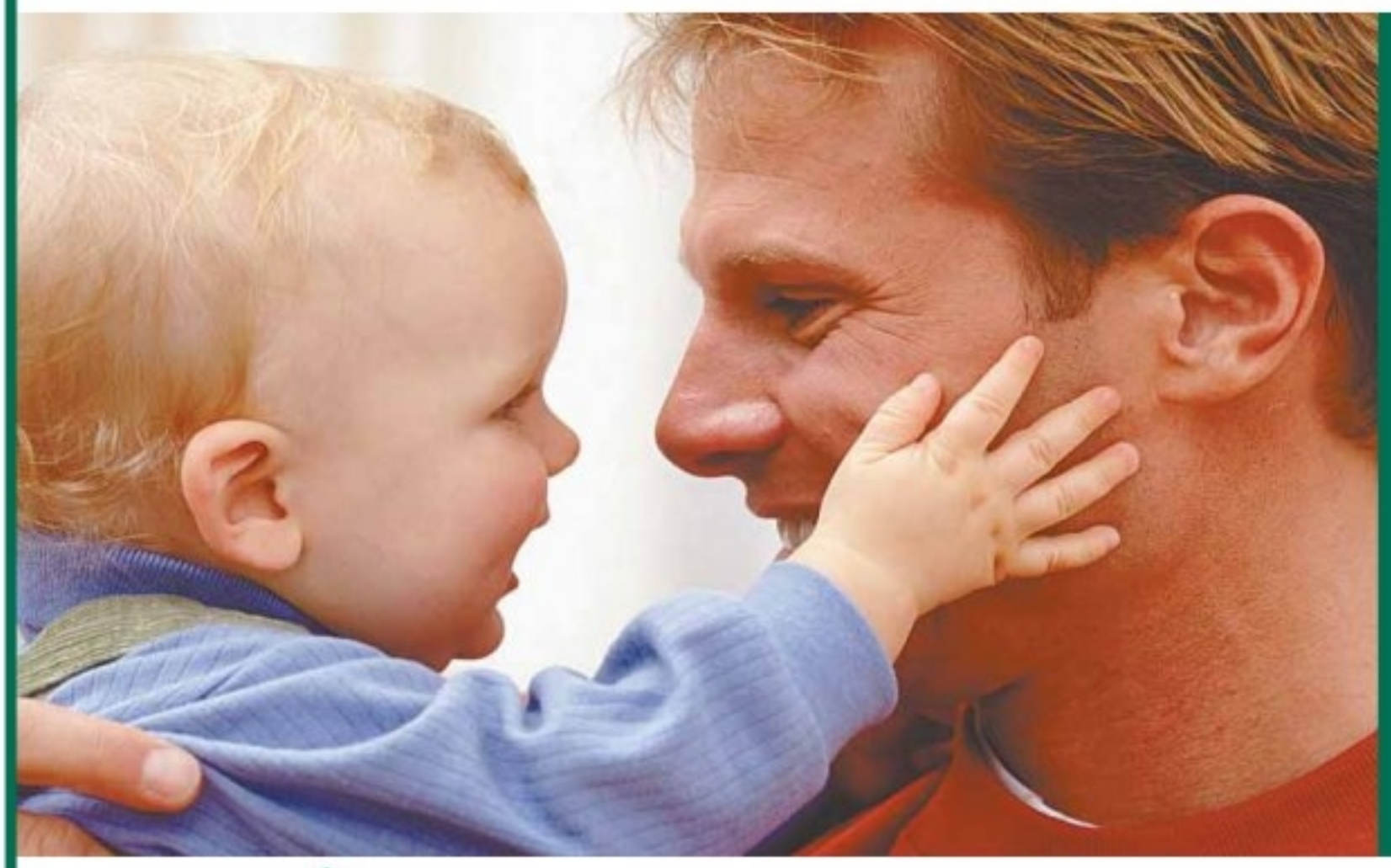
"We've known for a while that drinking beverages that have been stored in hard plastics can increase the amount of BPA in your body," Jenny Carwile, the study's lead author, said in the statement. "This study suggests that canned foods may be an even greater concern, especially given their wide use." BLOOMBERG

One in 10 adults to have diabetes by 2030

About 552 million people may have diabetes by 2030, compared with about 366 million now, if nothing is done to curb the epidemic, the International Diabetes Federation said in a report earlier this month. As many as 183 million people have the disease and don't know it, the Brussels-based federation said.

High-calorie diets and sedentary lifestyles are fanning the spread of type 2 diabetes in nations such as China, which with 90 million diabetics has more people with the condition than any other. People between 40 and 59 have the greatest proportion of cases, according to the report. BLOOMBERG

HE'S WORTH IT



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myhealth guide

How not to get sick this winter

You don't have to sniffle your way through the season How to protect yourself – and others

MARK'S PICTURES

Good hygiene and eating habits go a long way in the fight against colds and the flu.

Prevention is the way to go when it comes to winter flus and colds. A few simple precautions can mean the difference between a miserable winter and a healthy one. First, remember what your mom told you: Wash your hands often and thoroughly.

"It's hard to say what percentage of infectious diseases are spread by touch," says Dr. Rich Zane, vice chair of Emergency Medicine at Boston's Brigham and Women's Hospital. "But we do know that all the germs that cause illness are susceptible to soap and water and disinfectants. Washing your hands is the first line of defense against contracting cold and flu viruses."

It's not just about protecting yourself, though. If you have a cold or the flu, or even just a warning sniffle or sneeze, be socially responsible. "People have to exercise proper respiratory etiquette, and that means covering your cough or sneeze — always," he adds.

Stemming the spread of germs and preventing epidemics benefits everyone in the long-term, particularly because it can stop germs from mutating into superviruses.

"When you are sick, stay home and keep your children out of school," says Zane. "If someone comes into the ER with signs of a cold or flu, they are asked to put a mask on. We continually wash our hands. It's all basic stuff, but it works."

LINDA CLARK
letters@metro.us

Use your diet

"Strengthening your immune system with a diet loaded with immune-boosting foods is a cheap, simple strategy for preventing illness," says Gloria Tsang, RD, founder of HealthCastle.com.

Stock up on:

- **Yogurt for probiotics:** "Look for Lactobacillus casei and Lactobacillus reuteri on the label. These have been scientifically shown to prevent colds by improving immune response."
- **Citrus for vitamin C:** "Dietitians actually recommend against a daily supplement. Instead, load up on oranges, kiwis, cantaloupe and strawberries — and only take supplements if you've got early symptoms of the flu."
- **'Shrooms for beta-glucan:** "Mushrooms have been shown to enhance [pathogen-eating] macrophage activity, which is critical in warding off infection. So toss extra mushrooms in your pasta sauce, soups, stir-frys, casseroles or pizza."

Another reason to quit

Cigarette smokers aren't going to like what Dr. Zane says about the much-maligned habit. "People who smoke are more susceptible to respiratory viruses. Smokers are less immunocompetent, and smoking decreases lung function," he says. "The lungs' cilia act as a brush to sweep viruses and debris up and out of the lungs, and smoking causes the cilia to become clogged with tar [so] they can't do their job."

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myhealth guide

Healthy option?

Cheese a better choice than butter?

Doctors and nutritionists have long recommended avoiding all animal fats to trim cholesterol. But Danish researchers say cheese may not be so bad, and probably shouldn't be placed in the same category as butter.

According to a study published in the American Journal of Clinical Nutrition, people who ate daily servings of cheese for six-week intervals had lower LDL cholesterol, the so-called "bad" cholesterol, than when they ate a comparable amount of butter.

The cheese-eaters also did not have higher LDL during the experiment than when they ate a normal diet.

"Cheese lowers LDL cholesterol when compared with butter intake of equal fat content and does not increase LDL cholesterol compared with a habitual diet," wrote Julie Hjerpsted and her colleagues, from the University of Copenhagen.

The group surveyed about 50 people. Each person was put on a controlled diet and added a measured amount of cheese or butter daily.

The researchers speculated that there could be several reasons why cheese affected people differently than butter. But there is nothing conclusive in the study, which was supported by the Danish Dairy Board and the National Dairy Research Institute.

Cheese has a lot of calcium, which has been shown to increase the amount of fat excreted by the digestive tract. Researchers did detect a little more fecal fat during the time the group ate cheese, but the amounts were not statistically significant.

REUTERS

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myletters&games

Letters

letters@metro.us

Basic respect: Common sense

RE: "EARN RESPECT, REP. BACHMANN": I disagree with John Demerjian's assertion that Rep. Michelle Bachmann has to earn his respect so as not to be called a vile name. I was taught that each person is entitled to basic human respect — but I guess liberals don't believe that. As far as criticizing Mr. Obama, that is her right under the First Amendment. I would hope he is capable enough that he doesn't need the Roots and their ilk degrading an opponent in order to win re-election.
WAYNE SARGENT, VIA E-MAIL

More liberal double standards: What would happen had Jimmy Fallon and the Roots given Michelle Obama or Nancy Pelosi the same treatment they did Michele Bachmann? There would be boycotts, demands for firings, and accusations of sexism. Liberals complain about Bachmann not respecting Barack Obama, but where were those same liberals when it was George W. Bush in the White House?
ROCCO LORE, VIA E-MAIL

Um, actually Michele Bachman is a lying, bigoted [person]! Good for the Roots for playing the song. The Roots will go down as one of the most awesome late night bands in history.
LYDIA EDWARDS, VIA E-MAIL

Time to vote: All must go!

The so-called supercommittee couldn't find any spending cuts? What about foreign aid? What about these very costly wars? What about the billions given to the America-hating U.N.? What about the socialist government departments like education, housing, and energy? What this country desperately needs is better congressmen who will uphold the constitution. Hopefully citizens will fulfill that need next election.
FRANK ST GEORGE, VIA E-MAIL

Rich don't earn their own way

It's obvious: The superrich don't work for the money they get and call theirs; they hire others to do the work for them. Profit from underpaying workers, overcharging customers and government subsidies are automatically credited to their accounts. These profits are earned, but not received, by those who actually did the work. Redistribution, from those who got but didn't earn — to those who earned but didn't get — would be justice.
MARVIN MILLER, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** Through a unique chain of communication, you could hear about some information that could be extremely helpful in furthering your financial well-being. Keep your ears primed.
♑ Capricorn **Dec. 22-Jan. 19.** Due to the caring efforts of some special friends, something might be quietly arranged to help you out. Don't be too proud to accept their favors.
♒ Aquarius **Jan. 20-Feb. 19.** Persons with whom you're affiliated might step back a few paces in order to allow you to step up to the plate. Your leadership will be central to bringing their plans into being.
♓ Pisces **Feb. 20-March 20.** Someone in a powerful position might do something for you that they would not do for just anybody. It pays to be nice, so keep up your good image.
♈ Aries **March 21-April 19.** Give full rein to your mental faculties, and don't be afraid to be imaginative and creative. Any new concept you come up with, no matter how bold, is likely to be a winner.
♉ Taurus **April 20-May 20.** Conditions and elements that affect your standing among your peers are trending in your favor. Both your warm personality and sense of duty can win you many admirers.
♊ Gemini **May 21-June 20.** An old relationship that has been a bit weary lately could be warmly rejuvenated. Your counterpart might be the one to offer the olive branch.
♋ Cancer **June 21-July 22.** Favors or actions you expend on behalf of another will be greatly appreciated and acknowledged by that person, so don't hesitate to lend a hand with or without his or her knowledge.
♌ Leo **July 23-Aug. 22.** Get out and join some friends, because any social interaction that has some elements of friendly competition will provide you with an enjoyable time.
♍ Virgo **Aug. 23-Sept. 22.** The secret to happiness is to keep both your hands and your mind busy for practical purposes. Actually, tasks that are usually a bore could turn out to be pleasant diversions.
♎ Libra **Sept. 23-Oct. 23.** Because of your smile and ingratiating conduct, your companionship will not only be welcomed but also sought after. Don't be surprised when you attract more attention than usual.
♏ Scorpio **Oct. 24-Nov. 22.** Events are stirring that could contribute to your material well-being. More than one source is likely to contribute to the enhancement of a number of possibilities for you. **BERNICE BEDE OSOL**

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42 Sand __
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49 Slalom need
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52 Familiarized
53 Mountain kingdom
55 Less cooked
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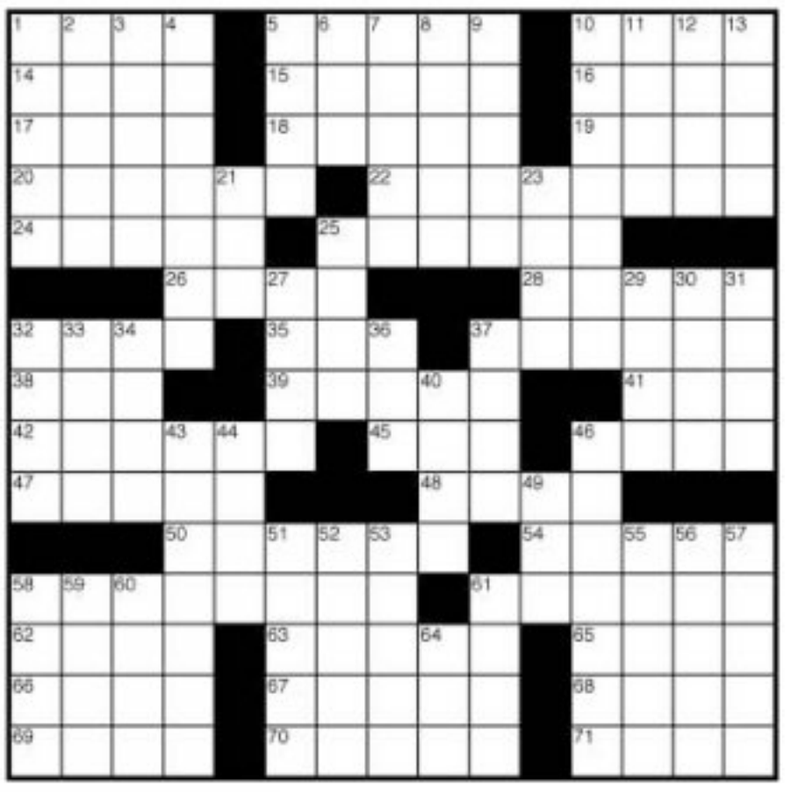
57 Liking
58 Herr's wife
59 Fleming and Woosnam
60 Top digit
61 Endorsers' needs
64 Pasture grazer



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

B	A	L	M			U	R	G	E	D		B	O	L	T
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	C	R	E	D	I	T	S			M	I	S	T	Y	
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top destinations

Hotels with local flavor

Fodor's named the nation's best hotels Where to go to experience the region from your own room

Choosing where to stay is one of the most important decisions to make when planning a trip. Fodor's editors recently published its top picks of hotels around the world that represent the best of their locales, including these getaways right here in the U.S. that let you experience the flavor of your destination without leaving your room.

Los Poblanos Historic Inn & Organic Farm Albuquerque, N.M.: Down a long private driveway framed by soaring cottonwood trees — and some 25 acres of organic produce and lavender — this rustic but smartly furnished inn feels worlds away from downtown Albuquerque (which is actually just four miles south). Territorial-style adobe buildings and guest rooms capture the regional vernacular with wrought-iron accents, kiva fireplaces, beam ceilings and colorful Mexican-tile bathrooms.

Sundance Resort, Sundance, Utah: Against the backdrop of 11,750-foot Mount Timpanogos, Robert Redford's 5,000-acre ski resort and retreat features cottages, restaurants and creativity-nurturing spaces connected by winding pathways that blend elegantly into the scene with reclaimed timber and locally quarried stone. Try hiking or skiing. Or slow the tempo for a pottery class or a pint at the Owl Bar.

Triple Creek Ranch, Darby, Mont.: This remote retreat in Montana's Bitterroot National Forest emphasizes truly getting away from it all (many cabins are a half-mile or more from the main lodge, and your nearest neighbors are inquisitive elk). The intensive weekends focusing on photography, horsemanship, cooking or wine are especially noteworthy.

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Fodor's Tips

▶ Post Ranch Inn reflects Big Sur's laid-back, creative character.

Post Ranch Inn, Big Sur, Calif.

This spa, built with an eye toward harmony with nature, is rumored to be set on an ancient power spot. Three years ago, the Ranch built 10 new buildings. Some are cantilevered off the 1,200-foot oceanside cliff and others perched on stilts. Besides stunning views, the ranch offers a myriad of mind-and-spirit activities — reflecting Big Sur's creative character.

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Opinion

ANGELO CATALDI

THE VOICE OF THE PHILLY SPORTS FAN

APATHY NOW RULING THE BIRDS NEST

When Marty Mornhinweg and Jim Washburn screamed at one another and had to be separated on the sideline, they provided the perfect postscript to one of the worst days in recent Eagles history.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

The offensive coordinator and the defensive line coach were the last two people in Lincoln Financial Field who actually cared. Let the record show that more than 50,000 fans left by the opening minutes of the fourth quarter, and the final moments of the 38-20 loss to New England were witnessed by hundreds of fans, not thousands or tens of thousands. Even before the exodus, the chant to "Fire Andy" was tepid by Philadelphia standards.

The fans don't care anymore, nor should they. Oh, they will always love the Eagles; it's in their blood. But that doesn't mean they have to love these Eagles. Even the rare player worthy of their adulation — for example, LeSean McCoy — brings only frustration. The Eagles are a football team that their own mother couldn't love.

Of course, it starts with Andy Reid, a coach so lost that he can't justify using the best running back in the NFL — McCoy — with the ball five yards from the end zone. Reid also hired a defensive coordinator, Juan Castillo, whose unit was called for three offsides penalties and were caught twice with 12 men on the field — and that was just in the first half.

This Eagles team is absolutely impossible to support. DeSean Jackson not only alligator-armed an easy catch in the end zone and bungled another sure TD, but then he openly admitted his primary goal is self-preservation.

Asked if he was worried about his health on the field, he replied: "Always." He finished the game where he belongs, on the bench.

And then there's Vince Young praising himself for a "good game" after losing by 18 points. And Reid explaining the absence of Nnamdi Asomugha and Jackson from the lineup by saying, "I wanted to give some other players an opportunity." And president Joe Banner politely declining comment on his team for the 11th straight week.

Quoted

The Eagles are a football team that their own mother couldn't love.

The endless parade of stupid plays and insulting behavior generates no anger anymore, just apathy. That's why the battle between Mornhinweg and Washburn was meaningful. It was an honest expression of emotion on a team devoid of it now. By most accounts, they were arguing about the play-calling, and at one point they nearly came to blows.

When cooler heads prevail, the two coaches will realize what the rest of us already have. These Eagles are not worth the trouble. Until Andy Reid leaves, there is no point to this madness — and absolutely no reason to care.

*– **Angelo Cataldi** is the host of 610 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.*

Brains of the city's operation

GETTY IMAGES

▶ Amaro

The smartest person in Philadelphia sports, once thought to be Joe Banner or Ed Snider, is no longer a matter of debate. It is Ruben Amaro Jr.

The latest mind-bender performed by the Phils GM was the acquisition of utility slugger Ty Wigginton for a player to be named later. Not only is Wigginton ideal for a Phillies team missing Ryan Howard for at least a month or two, but for the insurance he provides at the corner positions in the infield and outfield.

What made the deal another master stroke for Amaro was the inclusion of $2 million by the Rockies, half of Wigginton's salary next season. Add those two million to the two that Amaro fleeced from Houston in the Hunter Pence trade last summer, and a staggering $11 million donation he coaxed out of old pal Ed Wade when the Phils got Roy Oswalt. That's a total of $15 million.

Let that sink in for a minute. The Phillies added an ace pitcher, a star outfielder and one of the best bench players in the game and raked in $15 million in exchange for … what? I posed this question on my WIP radio show last week, and no one could remember a single name.

Granted, one or more of those kids could still become stars, but that possibility doesn't diminish Amaro's amazing ability to add top players to his roster and millions to his budget every year. That Stanford education is really paying off for Ruben Amaro — and for all of us.

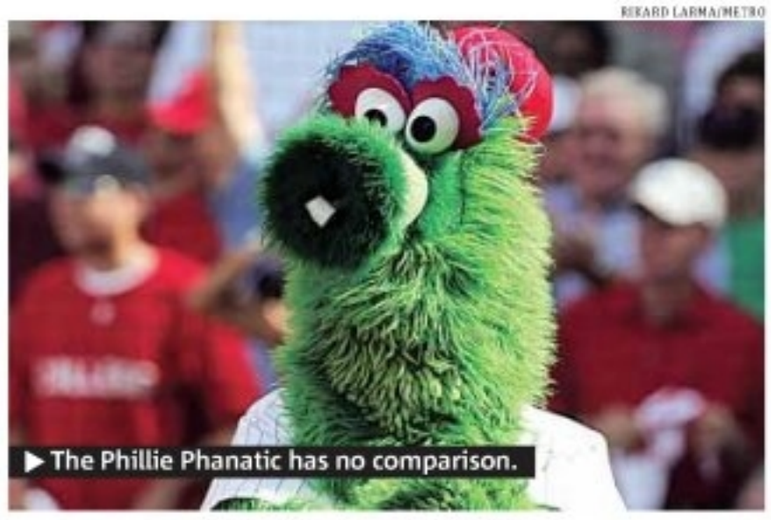
Idle thoughts from Cataldi …

1 Lessons learned. So what did we learn from the 149-day NBA lockout? One thing, that David Stern is the most overpaid, least effective commissioner in sports. His bullying added weeks to the labor dispute, with no discernible gain. Stern makes $23 million a year. He is stealing money.

2 Six more years for Mr. Glass. Mike Vick's absence from the last two games is another reminder of how ridiculous his six-year, $100 million contract is. Not only has he reverted to his turnover-prone style, but he gets hurt all the time. If he's this fragile at 31, imagine him at 37.

3 Shave it. Claude Giroux is approaching superstar status, but that mustache has to go. He looks 10 years older than 23, and 40 years out of fashion. If he keeps playing this way, how long before everyone will adopt that horrible look? We need an intervention. Please, Claude. Shave.

RICARD LARMA/METRO



▶ The Phillie Phanatic has no comparison.

All bow to Phillie Phanatic

Hip Hop died last week at 15, the latest victim of a big green monster who devours all mascots. This may be a four-sport city, but there's only room for one, furry cheerleader: the Phillie Phanatic.

There was really nothing wrong with Hip Hop. He was athletic, energetic, cute and friendly. When the Sixers were good and president Pat Croce was the ringleader, he added nicely to the circus atmosphere. But he wasn't special, just as Big Shot was blah before him, and Lil G, and Swoop on the Eagles.

When will the other teams realize that they are in the presence of true greatness when the Phanatic works his magic at Citizens Bank Park?

There are really only two options. One is to go without a creature; the Flyers seem to be doing fine without one. The other is to convince the Phils to share the Phanatic. Citizens Bank Park would still be his home base, but special visits to the other teams would be better than doomed attempts to find the next Phanatic.

Obviously, the new Sixers owners don't agree. They have hired the Jim Henson company and Dave Raymond, the originator of the Phanatic, to build a new monster. This is a rookie mistake.

The Phanatic is the biggest sports star in this city. Please don't tell him, though. We don't want him to get a big head.

5 THINGS TO WATCH

THE DEAL: THE NBA LOCKOUT APPEARS TO FINALLY BE OVER, WITH A TENTATIVE AGREEMENT IN PLACE.
SCHEDULE: DEC. 25 (OPENING DAY) TO APRIL 26

Now that the owners and players have finally reached a tentative agreement, we can get back to actual basketball. And there will be lots of it in the coming months.

The trade market and free agency will open up at the same time as training camp, creating a real log-jam of activity. Essentially, an entire offseason of moves and preparation will be crammed into three short weeks.

Here are five things on the Sixers' to-do list once things get going:

▶ Young

1 Re-sign Thaddeus. Thaddeus Young is a restricted free agent, meaning the Sixers will have the right to match any offer sheet. Expect them to do just that, thus retaining a 23-year-old player that they drafted and developed into a major part of their core.

2 Trade Speights. Marreese Speights slipped into coach Doug Collins' doghouse last year, averaging just 11.5 minutes per game and not appearing in the final three games of the first-round playoff loss to the Heat. But thanks to his size/touch combo, Speights is one of the few Sixers that will actually garner something on the trade market.

3 The Iguodala factor. When we last left off, Iguodala was talking in codes about his desire to be a Sixer. The team also listened to trade offers last season. With new ownership now in town, it could be time to start fresh with a new franchise player. Iguodala is perfectly suited to be a sidekick somewhere, but probably not the No. 1 option.

4 Size matters. First-round pick Nikola Vucevic is a start, but more girth is needed. Spencer Hawes is a restricted free agent and Tony Battie is not a real answer. No, they don't have the cap space to go after Nene, Marc Gasol, Tyson Chandler, DeAndre Jordan or even Sam Dalembert. But a big body — think Kwame Brown or Reggie Evans — is needed.

5 It's fan-tastic. The Sixers went 26-15 at home last year even though they ranked 25th in the league in attendance. Now, the new owners have pledged to slash ticket prices, get rid of "Hip Hop" in favor of a new mascot and re-create the fan experience at games. Will the fans buy in and create an actual home-court advantage?

ADAM LEVITAN
alevitan@metro.us

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▶ Hip Hop has retired, according to the Sixers, and the team is searching for a new mascot.

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Birds: Time to move on

The Eagles were back at practice yesterday, one day after that embarrassing loss to New England. They have just two days to forget about it and try and get a win in Seattle.

As grim as the team's 4-7 record looks, players insist they aren't giving up.

"I think our team still has pretty good morale and we know we're a good team. We have a quick opportunity here to try and get this thing turned around," said DT Cullen Jenkins.

Many outsiders see a team in free fall, but those inside the Eagles' locker room say that isn't the case.

"Winning cures everything, and we haven't done it lately," said TE Brent Celek. "When you lose, you start nitpicking on those little things."

MIKE GREGER

Pronger headed for IR, targets Winter Classic

Flyers captain undergoes knee surgery, out four weeks Defenseman also missed four games due to virus GM says future not in jeopardy

The next time the Flyers see their captain, it will most likely be inside a baseball stadium.

Chris Pronger underwent surgery on his left knee yesterday, shelving the defenseman for at least four weeks. That would put Pronger's return right before the Winter Classic on Jan. 2 at Citizens Bank Park. The 37-year-old has also missed the team's last four games due to a virus.

"This has been an issue for the last month or so for him that's been nagging," GM Paul Holmgren said. "Some of the loose bodies in there are becoming a little bit of an issue, and we felt it was better to get it taken care of now."

Holmgren said he expects to move Pronger to long-term injured reserve, which would clear cap space if the Flyers wanted to make a roster move. This will be Pronger's sixth surgery since July 2010, but the team doesn't seem worried over his future.

"The structure of his knee is just fine," Holmgren said. "I think he has a lot of miles left in his body." METRO

On TV Friday

Flyers at Anaheim, 10 p.m. (TCN)

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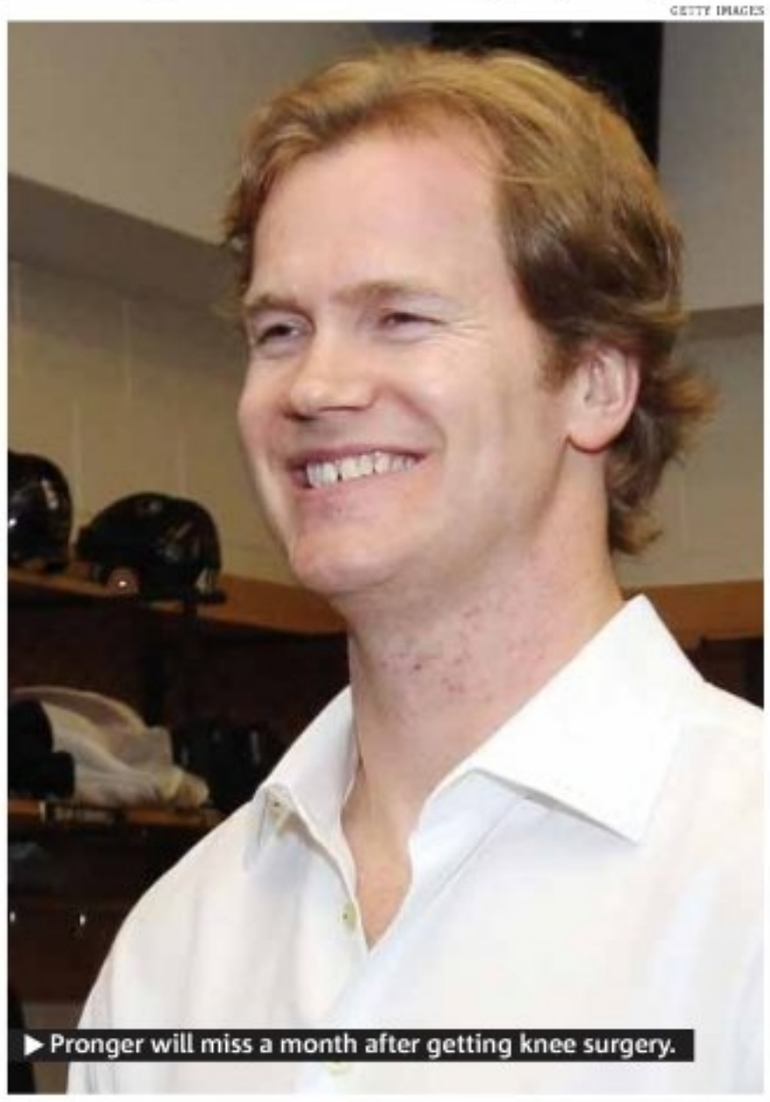

▶ Pronger will miss a month after getting knee surgery.

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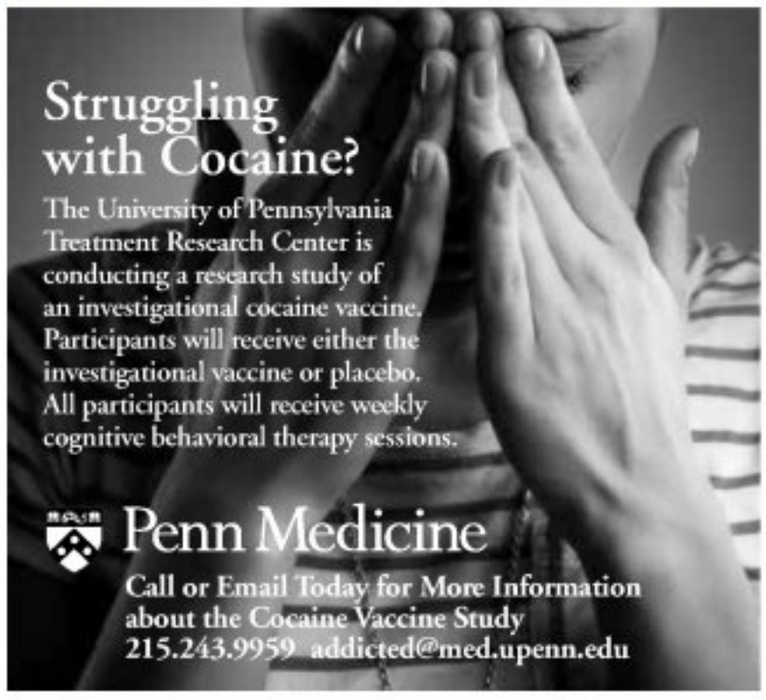

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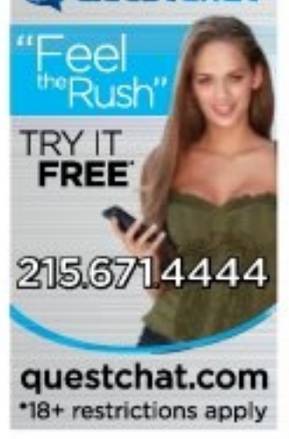

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